

# Wolfnights® Nutrition Facts | DOUGH

Grams | % of Recc. Daily Intake

DOUGH NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
<b>KETO DOUGH</b>	2000 units 66%	15g   5%	15g   30%	40g   61.54%	0g	3g   15%	0mg	0.7mg   0%	9g	4.3g	0g	550mg   15.71%	15%	0%	0%
<b>GF DOUGH</b>	550 units 18%	75g   25%	7g   14%	3g   4.62%	0g	0.5g   2.5%	0mg	1.5mg   0%	3g	2.4g	0g	92mg   2.63%	2.5%	0%	0%
<b>WHOLE WHEAT DOUGH</b>	600 units 20%	65g   21.67%	11.5g   23%	2g   3.08%	0g	0.3g   1.5%	0mg	1.8mg   0%	9.5g	0.3g	0g	315mg   9%	15%	0%	0%
<b>WHITE FLOUR DOUGH</b>	0 units 0%	76g   25.33%	10g   20%	1g   1.54%	0g	0.2g   1%	0mg	2mg   0%	2.7g	0.3g	0g	107mg   3.06%	6%	0%	0%
<b>FENNEL DOUGH</b>	150 units 5%	82.1g   29.7%	11.8g   23.6%	2.7g   4.15%	0g	0.3g   1.5%	0mg	12.2mg   0.51%	7.3g	0.3g	0g	305mg   8.71%	27%	5%	1%
<b>DATE AND PUMPKIN SEED DOUGH</b>	600 units 20%	89.1g   29.7%	12.8g   25.6%	3.7g   5.69%	0g	0.3g   1.5%	0mg	12.2mg   0.51%	8.7g	0.3g	0g	385mg   11%	29%	6%	1%
<b>FIG DOUGH</b>	1100 units 36%	85g   28.33%	10.5g   21%	1.1g   1.69%	0g	0.2g   1%	0mg	2.9mg   0.12%	4g	6.3g	0g	301mg   8.6%	9%	0%	0%
<b>TURMERIC DOUGH</b>	6350 units 100%	80g   26.67%	11g   22%	1g   1.54%	0g	0.2g   1%	0mg	3.5mg   0.15%	4.7g	0.7g	0g	301mg   8.6%	36%	1%	0%
<b>GINGER DOUGH</b>	1952 units 65%	76g   25.33%	10.5g   21%	1g   1.54%	0g	0.2g   1%	0mg	0.2mg   0%	3.4g	0.3g	0g	180mg   5.14%	12%	0%	0%
<b>BEETS AND CHIA SEED DOUGH</b>	2553 units 85%	81g   27%	11g   22%	1.5g   2.31%	0g	0.2g   1%	0mg	0.2mg   0%	5.7g	0.7g	0g	225mg   6.43%	12.5%	1%	0%

Dough Calorie Range: 353 – 450cal | Whole Wheat Dough: 320cal  
Gluten Free Dough: 360cal | Keto Dough: 430cal

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# Wolfnights® Nutrition Facts | SAUCES

Grams | % of Recc. Daily Intake

Sauce Name	Carbo Hydrates	Protein	Total Fat	Trans Fat	Saturated Fat	Chol-esterol	Sodium	Fiber	Sugar	Added Sugar	Potassium	Iron	Vitamin C	Vitamin A
<b>SAGE AIOLI</b>	2.6g   0.87%	0.6g   1.2%	20.5g   31.54%	0g	3.5g   17.5%	12mg   4%	176.4mg   7.35%	1.6g	0.3g	0g	48.8mg   1.39%	2%	3%	2%
<b>BIG BAD WOLF SPICY</b> (VEGAN)	1g   0.33%	0.5g   1%	0g	0g	0g	0mg	13mg   0.54%	1.6g	0.5g	0g	115mg   3.29%	1.2%	35%	2%
<b>MINT YOGURT SAUCE</b>	2.5g   0.83%	2g   4%	10.5g   16.15%	0g	2.5g   12.5%	6mg   2%	50mg   2.08%	0.5g	0.3g	0g	58mg   1.66%	11%	2%	1%
<b>MUSTARD HORSERADISH SAUCE</b>	3g   1%	1g   2%	11g   16.92%	0g	2g   10%	12mg   4%	80mg   3.33%	0g	0.2g	0g	25mg   0.71%	0%	0%	0%
<b>CHIPOTLE AIOLI</b>	1g   0.33%	0g	10.2g   15.62%	0g	1.5g   7.5%	6mg   2%	122.5mg   5.1%	0g	4.9g	0g	0mg	0%	0%	0%
<b>RED CHILI MAYO</b>	3g   1%	0.3g   0.6%	9.3g   14.31%	0g	1.7g   8.5%	150mg   50%	564mg   23.5%	0g	1.4g	0g	0mg	0%	0%	0%
<b>WOLF KETCHUP</b>	9.6g   3.2%	0.2g   0.4%	7.5g   11.54%	0g	0.8g   4%	12mg   4%	360mg   15%	1.6g	3g	1g	100mg   2,86%	0%	5%	0%
<b>CITRUS SUMAC VINEGRETTE</b> (VEGAN)	1g   0.33%	0g	13g   20%	0g	1g   5%	0mg	1mg   0%	0.5g	1.5g	0g	35mg   1%	0.5%	15%	1.5%
<b>COCONUT VANILLA SAUCE</b>	3.1g   1.03%	0.6g   1.2%	20.5g   31.54%	0g	3.5g   17.5%	12mg   4%	176.8mg   7.37%	1.6g	0.8g	0g	69mg   1.97%	3%	3%	2%
<b>SPICY PICKLED PINEAPPLE SAUCE</b> (VEGAN)	13g   4.33%	0g	0.2g   0.31%	0g	0g	0mg	45mg   1.88%	0g	12g	0g	87mg   2.49%	0%	70%	0%
<b>SESAME SAUCE</b> (VEGAN)	6.5g   2.17%	5.2g   10.4%	16g   24.62%	0g	2.2g   11%	0mg	11mg   0.46%	0.5g	0g	0g	138mg   3.94%	7.5%	2.1%	0.4%

Sauce Calorie Range: 53 - 210 cal | Big Bad Wolf Spicy: 6cal

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# Wolfnights® Nutrition Chart | WRAPS & BOWLS

## REGULAR

Wraps and Bowls do not include sauce or dough

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
<b>MOWGLI</b> <i>156 cal*</i>	2250 units 75%	23.9g   7.97%	5.85g   11.7%	4.6g   7.08%	0g	0.79g   4%	0mg	135.5mg   5.65%	4.7g	6.6g	0g	1025.8mg   29.31%	16.3%	173%	117%
<b>HOWLING</b> <i>391 cal*</i>	2000 units 66%	15.2g   5.07%	44.5g   89%	17g   26.15%	0g	8.6g   43%	181mg   60.33%	745.7mg   31.07%	3.7g	4.8g	0g	883mg   25.23%	18%	40%	130%
<b>CARNIVORE'S DELIGHT</b> <i>536 cal*</i>	3200 units 100%	57.8g   19.27%	39.8g   79.6%	16g   24.62%	0g	5g   25%	272mg   90.67%	788mg   32.83%	2.2g	2.2g	0g	897mg   25.63%	33%	29%	137%
<b>THE PACK</b> <i>546 cal*</i>	1500 units 50%	18g   6%	42.8g   85.6%	34g   52.31%	0g	17.3g   86.5%	398mg   132.67%	788mg   32.83%	1.9g	3.9g	0g	931mg   26.6%	24%	35%	131%
<b>THE BEAST</b> <i>549 cal*</i>	2200 units 73%	24.7g   8.23%	43.8g   87.6%	31g   47.69%	0g	14g   70%	150mg   50%	710mg   29.58%	3.3g	1g	0g	886mg   25.31%	22%	43%	159%
<b>ONCE BITTEN</b> <i>286 cal*</i>	4100 units 100%	28.2g   9.4%	21.8g   43.6%	10g   15.38%	0g	3.5g   17.5%	15.5mg   5.17%	231mg   9.63%	14.1g	7.5g	0g	1113mg   31.8%	18.5%	70%	213%
<b>DIRE WOLF</b> <i>677 cal*</i>	2500 units 83%	29.7g   10%	65.8g   131.6%	33g   50.77%	0g	14.8g   74%	237.5mg   79.17%	814mg   33.92%	6.7g	3.4g	0g	1036mg   29.6%	23%	27%	219%

\*All calories are calculated without dough or sauce.

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# Wolfnights® Nutrition Chart | WRAPS & BOWLS

## REGULAR <sup>(cont')</sup>

Wraps and Bowls do not include sauce or dough

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
<b>THE GHOST</b> <i>515 cal*</i>	8100 units 100%	50.7g   16.9%	23.3g   46.6%	23.7g   36.46%	0g	2.1g   10.5%	0mg	103.5mg   4.31%	14.5g	6.9g	0g	1705mg   48.71%	56%	38%	120.5%
<b>BROTHER'S GRIMM</b> <i>465 cal*</i>	1900 units 63%	12.7g   4.23%	35.5g   71%	32.5g   50%	0g	2.3g   11.5%	266mg   88.67%	1648mg   68.67%	3.4g	22.7g	0g	921mg   26.31%	24%	37%	117%
<b>PINK MOON</b> <i>330 cal*</i>	4500 units 100%+	22.5g   7.5%	50.9g   101.8%	4.5g   6.92%	0g	0.9g   4.8%	220.5mg   73.5%	563.50mg   23.48%	10.4g	4.4g	0g	1143.7mg   32.68%	20%	77%	208%
<b>LITTLE RED RIDING HOOD</b> <i>324 cal*</i>	4500 units 100%+	21.5g   7.17%	14g   28%	20.4g   31.38%	0g	1.7g   8.5%	12mg   4%	114.9mg   4.79%	7.3g	8.1g	0g	1266mg   35%	41.8%	70.4%	154%
<b>UNDERWORLD</b> <i>475 cal*</i>	2200 units 73%	12g   4%	39.6g   79.2%	31.9g   49.08%	0g	7.5g   37.5%	77mg   25.67%	1011.9mg   42.16%	1.7g	5.5g	0g	1223mg   32.03%	25%	32%	116%

\*All calories are calculated without dough or sauce.

# Wolfnights® Nutrition Chart | WRAPS & BOWLS

## KETO

Wraps and Bowls do not include sauce or dough

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
<b>MOWGLI</b> Replace BBQ chips with Cashew Nuts	1800 units 60%	20.9g   6.97%	7g   14%	4.6g   7.08%	0g	0.89g   4.45%	0mg	135.5mg   5.65%	4.8g	6.3g	0g	960.8mg   27.41%	19%	169%	117%
<b>THE PACK</b> Substitute toasted cashew instead of tots	1700 units 56%	11g   3.67%	45.8g   85.6%	40g   61.54%	0g	18.3g   86.5%	398mg   132.67%	440mg   18.33%	1g	4.9g	0g	681mg   19.46%	34%	35%	131%
<b>THE BEAST</b> Switch bbq crunch with cashew	2400 units 80%	13.7g   4.57%	45.8g   91.6%	34g   52.31%	0g	15.2g   76%	150mg   50%	564mg   23.5%	3.8g	2g	0g	1045mg   29.86%	31.5%	43%	159%
<b>ONCE BITTEN</b> Switch sweet potato with sunflower seed	4500 units 100%	23.2g   7.73%	23.1g   46.2%	9.3g   14.31%	0g	3.4   17%	15.5mg   5.17%	225mg   9.38%	10.1g	7.5g	0g	1073mg   30.66%	17.5%	72%	213%
<b>BROTHER'S GRIMM</b> Cashew nuts instead of plantain chips	2100 units 70%	13.7g   4.57%	41.5g   83%	42.5g   65.38%	0g	2.3g   11.5%	266mg   88.67%	1608mg   67%	3.4g	22g	0g	915mg   26.14%	33%	35%	116%
<b>PINK MOON</b> Replace fried pickles with sunflower seed	4800 units 100%	16g   5.33%	44.9g   89.8%	11.5g   17.69%	0g	0.7g   3.5%	220.5mg   73.5%	281.50mg   11.73%	9.3g	4g	0g	1279mg   36.54%	24%	74%	208%
<b>HOWLING</b> Switch fried pickles with cashew nuts & pickles	2000 units 66%	15.2g   5.07%	44.5g   89%	17g   26.15%	0g	8.6g   43%	181mg   60.33%	745.7mg   31.07%	3.7g	4.8g	0g	883mg   25.23%	18%	40%	130%
<b>CARNIVORE'S DELIGHT</b>	3200 units 100%	57.8g   19.27%	39.8g   79.6%	16g   24.62%	0g	5g   25%	272mg   90.67%	788mg   32.83%	2.2g	2.2g	0g	897mg   25.63%	33%	29%	137%
<b>LITTLE RED RIDING HOOD</b>	4500 units 100%+	21.5g   7.17%	14g   28%	20.4g   31.38%	0g	1.7g   8.5%	12mg   4%	114.9mg   4.79%	7.3g	8.1g	0g	1266mg   35%	41.8%	70.4%	154%
<b>THE GHOST</b>	8100 units 100%	50.7g   16.9%	23.3g   46.6%	23.7g   36.46%	0g	2.1g   10.5%	0mg	103.5mg   4.31%	14.5g	6.9g	0g	1705mg   48.71%	56%	38%	120.5%
<b>UNDERWORLD</b>	2200 units 73%	12g   4%	39.6g   79.2%	31.9g   49.08%	0g	7.5g   37.5%	77mg   25.67%	1011.9mg   42.16%	1.7g	5.5g	0g	1223mg   32.03%	25%	32%	116%

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# Wolfnights® Nutrition Chart | WRAPS & BOWLS

## GLUTEN-FREE

Wraps and Bowls do not include sauce or dough

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
<b>MOWGLI</b> Replace BBQ chips with Cashew Nuts	1800 units 60%	20.9g   6.97%	7g   14%	4.6g   7.08%	0g	0.89g   4.45%	0mg	135.5mg   5.65%	4.8g	6.3g	0g	960.8mg   27.41%	19%	169%	117%
<b>THE PACK</b> Substitute toasted cashew instead of tots	1700 units 56%	11g   3.67%	45.8g   85.6%	40g   61.54%	0g	18.3g   86.5%	398mg   132.67%	440mg   18.33%	1g	4.9g	0g	681mg   19.46%	34%	35%	131%
<b>THE BEAST</b> Switch bbq crunch with bbq chips	2400 units 80%	13.7g   4.57%	45.8g   91.6%	34g   52.31%	0g	15.2g   76%	150mg   50%	564mg   23.5%	3.8g	2g	0g	1045mg   29.86%	31.5%	43%	159%
<b>ONCE BITTEN</b> Switch sweet potato with sunflower seed	4500 units 100%	23.2g   7.73%	23.1g   46.2%	9.3g   14.31%	0g	3.4   17%	15.5mg   5.17%	225mg   9.38%	10.1g	7.5g	0g	1073mg   30.66%	17.5%	72%	213%
<b>BROTHER'S GRIMM</b> Cashew nuts instead of plantain chips	2100 units 70%	13.7g   4.57%	41.5g   83%	42.5g   65.38%	0g	2.3g   11.5%	266mg   88.67%	1608mg   67%	3.4g	22g	0g	915mg   26.14%	33%	35%	116%
<b>PINK MOON</b> Switch fried pickles with bbq chips	4800 units 100%	16g   5.33%	44.9g   89.8%	11.5g   17.69%	0g	0.7g   3.5%	220.5mg   73.5%	281.50mg   11.73%	9.3g	4g	0g	1279mg   36.54%	24%	74%	208%
<b>HOWLING</b> Switch Fried pickles with toasted cashew nuts	2000 units 66%	15.2g   5.07%	44.5g   89%	17g   26.15%	0g	8.6g   43%	181mg   60.33%	745.7mg   31.07%	3.7g	4.8g	0g	883mg   25.23%	18%	40%	130%
<b>CARNIVORE'S DELIGHT</b>	3200 units 100%	57.8g   19.27%	39.8g   79.6%	16g   24.62%	0g	5g   25%	272mg   90.67%	788mg   32.83%	2.2g	2.2g	0g	897mg   25.63%	33%	29%	137%
<b>LITTLE RED RIDING HOOD</b>	4500 units 100%+	21.5g   7.17%	14g   28%	20.4g   31.38%	0g	1.7g   8.5%	12mg   4%	114.9mg   4.79%	7.3g	8.1g	0g	1266mg   35%	41.8%	70.4%	154%
<b>THE GHOST</b>	8100 units 100%	50.7g   16.9%	23.3g   46.6%	23.7g   36.46%	0g	2.1g   10.5%	0mg	103.5mg   4.31%	14.5g	6.9g	0g	1705mg   48.71%	56%	38%	120.5%
<b>UNDERWORLD</b>	2200 units 73%	12g   4%	39.6g   79.2%	31.9g   49.08%	0g	7.5g   37.5%	77mg   25.67%	1011.9mg   42.16%	1.7g	5.5g	0g	1223mg   32.03%	25%	32%	116%

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# Wolfnights® Nutrition Chart | WRAPS & BOWLS

## VEGAN

Grams | % of Recc. Daily Intake

WRAP NAME	ANTI - OXIDENTS	CARBO - HYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOL- ESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTA - SSIUM	IRON	VITAMIN C	VITAMIN A
<b>THE MOWGLI</b> Switch Sage Aioli to Vegan sauce	2250 units 75%	23.9g   7.97%	5.85g   11.7%	4.6g   7.08%	0g	0.79g   4%	0mg	135.5mg   5.65%	4.7g	6.6g	0g	1025.8mg   29.31%	16.3%	173%	117%
<b>ONCE BITTEN</b> Change to vegan sauce	3800 units 100%	28.2g   9.4%	17.8g   35.6%	4g   6.15%	0g	1g   5%	0.5mg   0.17%	231mg   9.63%	14.1g	7.4g	0g	1075mg   30.71%	17.5%	70%	213%
<b>LITTLE RED RIDING HOOD</b>	4500 units 100%+	21.5g   7.17%	14g   28%	20.4g   31.38%	0g	1.7g   8.5%	12mg   4%	114.9mg   4.79%	7.3g	8.1g	0g	1266mg   35%	41.8%	70.4%	154%
<b>THE GHOST</b>	8100 units 100%	50.7g   16.9%	23.3g   46.6%	23.7g   36.46%	0g	2.1g   10.5%	0mg	103.5mg   4.31%	14.5g	6.9g	0g	1705mg   48.71%	56%	38%	120.5%

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## Wolfnights® Nutrition Chart | Sides (Sm/Reg)

ITEM NAME		ANTI-OXIDANTS	CARBOHYDRATES	PROTEIN	TOTAL FAT	TRANS FAT	SATURATED FAT	CHOLESTEROL	SODIUM	FIBER	SUGAR	ADDED SUGAR	POTASSIUM	IRON	VITAMIN C	VITAMIN A
ARUGULA & TOASTED SUN- FLOWER SEED SIDE SALAD	SMALL <i>156 cal</i>	1600 units 53%	10.4g   3.47%	6.5g   13%	10.2g   15.62%	0g	0.9g   4.5%	6mg   2%	25mg   1%	4g	4g	0g	465mg   13.29%	16.4%	18.7%	18.5%
	REG <i>316 cal</i>	3200 units 100%	20.8g   6.94%	13g   26%	20.4g   31.24%	0g	1.8g   9%	12mg   4%	50mg   2%	8g	8g	0g	930mg   26.58%	32.8%	37.4%	37%
ARUGULA & ASPARAGUS SIDE SALAD	SMALL <i>168 cal</i>	2500 units 83%	8.5g   2.83%	11.4g   22.8%	9.55g   14.69%	0g	0.75g   3.75%	0mg	25mg   1%	4g	3.6g	0g	332mg   9.49%	11.7%	26.75%	18.5%
	REG <i>331 cal</i>	5000 units 100%	17g   5.66%	22.8g   45.6%	19.1g   29.38%	0g	1.5g   7.5%	0mg	50mg   2%	8g	7.2g	0g	664mg   19.48%	20.4%	23.4%	53.5%

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